REGINA metro®
NEWS WORTH SHARING.

ECSTASY MEETS ANXIETY

FANS REACT TO THE RIDERS' WIN OVER EDMONTON PAGE 2

Treat Your Family To The Best Fall Experience In Saskatchewan!
Join us for the
Halloween Extravaganza
SATURDAY, OCTOBER 19TH
• Costume Contest • Miss Teen Scream Contest
• Trick or Treating Around the Farm
• Halloween Parade Led by The Headless Horseman
For tickets and our complete Special Events Calendar visit us on the web:
www.pumpkinhollow.ca
or call the Pumpkin Hollow Hotline: 306-731-1479

Filmmaker Shayne Metcalfe alongside artist and educator Monique Blom, in front of the century-old church they converted into an artist studio, photography bay and editing suite. The couple is inviting artists, authors and creative types to partake in a unique residency program on their 15-acre property outside Saskatoon. For a look inside the church, see page 3. MORGAN MODJESKI/METRO IN SASKATOON

Couple crafts artist haven in rural Sask.

Skullback Studios. Participants welcome to live for days, weeks and even months

MORGAN MODJESKI
Metro in Saskatoon

Hidden by the rolling valleys and long grass of the province's wilderness, a Saskatchewan couple is working to build a creative haven through a unique residency program.

Filmmaker Shayne Metcalfe, alongside artist, educator and wife Monique Blom, live just 45 minutes north of Saskatoon on an isolated, rural plot of land. They're inviting creative types from across Canada to live, work and play at their 15-acre home, known as Skullback Studios.

Using a century-old church transformed into a fully equipped artist studio, photography bay and editing suite, the couple has had approximately 50 people come through to create. The duo says the idea is to give artists a place to work for days, weeks and even months at a time.

"Ideally we'll be bringing in more buildings but we want to work with what's available, too," said Metcalfe. "That's part of the fun and creative spirit of it all."

The couple says they'd like to bring another six cabins onto the land over the next 10 years, providing artists with an isolated but welcoming place to work.

"It's the idea of providing a space where people can come together and have the freedom to get back to the land, to experience a sense of home and to try things out," Blom said. "It's such a vital thing, and Saskatchewan needs it."

The couple invites anyone interested to email isee@iseemovies.com.

WE'RE THINKING OUTSIDE OF THE MAILBOX.

Not only are we delivering the online world as Canada's leading parcel delivery provider, our mobile app is putting the post office in the hands of every Canadian. And epost, our digital mailbox, is making it easier every day for people to manage their electronic bills.

Watch for the new ways Canada Post is continuing to meet the evolving needs of Canadians and their businesses.

canadapost.ca

™Trademark of Canada Post Corporation.

CANADA POSTES POST CANADA

NEWS 1

Roughriders fans react to team's win over Edmonton

Optimistic. Despite offensive woes, fans remain confident that their team can claim the Grey Cup on home field this November

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

After knocking off the last place Edmonton Eskimos 14-9 Saturday at Mosaic Stadium, the Saskatchewan Roughriders are currently enjoying their first winning streak in more than a month.

But, the win has done little to ease apprehension in Rider Nation over the team's recent offensive struggles.

After breaking out of a stunning four-game losing streak with a 34-17 victory over the B.C. Lions last week, the Riders once again struggled to put up points against the Eskimos.

"Offence is lackluster at best, lately," said fan Darren Sproat about the Roughriders' recent play. "We'll have to turn it up a lot if we're going to gave a chance in the next six weeks."

Sproat argued that it's tough to pigeonhole the major issue with the once-potent Roughriders offence that appeared to be firing on all cylinders last week when running back Kory Sheets returned to the lineup.

"Perception is (offence) has been predictable over the last several weeks," he said. "(It's) lacking some creativity in play calling, though, again, better in recent weeks."

A Saskatchewan Roughriders fan celebrates as the seconds count down against the Edmonton Eskimos in Regina on Saturday. The Riders defeated the Eskimos 14-9. LIAM RICHARDS/THE CANADIAN PRESS

"I think (offensive coordinator) George Cortez is getting too complicated with his game plan," said fan Travis Owens. "It appears as if he is looking several plays ahead and that is fine assuming you make the first couple plays."

Despite the offensive woes, Roughrider fans still appear confident that their team can take the Grey Cup on home field this November, with many declaring the Riders defence as amongst the best in the Canadian Football League.

"The defence is playing well enough to win a championship," Owens said.

"If defences win championships, then we should be Grey Cup bound," Sproat added.

Filmmaker Shayne Metcalfe and artist Monique Blom are inviting creative types from across Canada to live, work and play on their 15-acre piece of land known as Skullback Studios, as part of a residency program giving participants a chance to work on creative projects in a natural setting 45 minutes north of Saskatoon.

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan's Skullback Studios

1 Conversion. Creating on sacred ground

Monique Blom and Shayne Metcalfe can be seen in front of a number of paintings and pieces of art located inside a 100-year-old church the couple converted into an art studio, photography bay and editing suite.

2 Surrounded. Walls of art

Most of the inside of the church is covered with paintings, drawings and other pieces of art. Organizers say those participating in the residency would have access to the art studio, which also includes an isolated writing space.

3 Trailblazing. Creative camping

Various paths and walkways throughout the property connect campsites and clearings to the main house and studio.

4 Filmmaking. The editing suite

Metcalfe can be seen at Skullback Studio's editing suite located in the 100-year-old church above the artist studio. Filmmakers who have stayed at Skullback Studios have produced everything from serious documentaries to independent art films.

5 Sculpting. Making masterpieces

Two sculptures can be seen on one of the main work tables at the Skullback Studios art studio. These two pieces are just a small sampling of the various drawings and works of art that can be found throughout the studio.

LASIK NOW, PAY IN 2015.

Don't wait to see. Begin a new journey without the hassles of glasses and contacts.

0 Interest Payments Down Until 2015†

LASIK MD VISION

Starting at $490 per eye*
Book a free consultation at
1-855-785-2020 or lasikmd.com

*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 31, 2014. Cannot be combined with any other offer or discount. †Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Baby who was born in jail dies only weeks after first birthday

Autopsy scheduled. Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fy Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year facing drug trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the assistance of the police, to attempt and determine the cause and manner of death," the police statement says.

SEAN MCKIBBON/METRO
WITH FILES FROM JOE LOFARO

On social media

Photos of baby Gionni eating birthday cake seem to indicate he was healthy enough for a party. But on Oct. 6, Bilotta wrote, "My poor baby was sick all night."

- In a followup reply, she said Gionni had been having breathing trouble so she took him to hospital.
- **Condolences flowed on Facebook.** Lisa Lynne Lauzon wrote, "He was so so beautiful Julie and you will forever carry him in your heart! I can't even imagine. I'm so sorry may god be with him; all your family at this time."

GOBBLE UP
THESE FALL SAVINGS!
Fall Special
Includes:
• Oil & filter & lube
• Check block heater
• Check anti-freeze for strength & condition
• Check air filters, fluids & wiper blades
• Check tire pressure & wear
• Check under carriage, lights, hoses, belts, battery cables & ends
48.95
Fall Engine Care Package
Get rid of the sludge in your engine walls, the sticking fuel injector in rail and throttle body • Tune-Up • Oil Change • Purge Fuel Injectors • Engine Flush • Check antifreeze strength • Check block heater • All belts and hoses inspected
4-cyl. 192.00
6-cyl. 209.00
8-cyl. 224.00
Brake Service
Includes pads or shoes & turning rotors, drums repack wheel bearings when required. Labour included.
Drum Rear 159.95
Disc Front 169.95
Scan Computers for Codes
Engine, ABS, Airbags
85.00
Balance and Rotate
All 4 tires, including labour
50.00
Transmission Service
• Includes • Filter • Gasket • Fluid • Labour
110.95
FMC Computerized Thrusts Alignments
Two Wheel 80.00
Four Wheel 90.00
Plus shims if required
Cooling System Flush
Includes new anti-freeze and chemicals & labor
110.95
Minor Tune-Up
Includes plugs and labour
Check antifreeze strength
Check block heater
All belts and hoses inspected
4-cyl. 93.95
6-cyl. 109.95
8-cyl. 118.95
SGI Accredited Inspection Station
Taxi, First time registration & total loss 125.00
Fuel Injection Purge
System Includes labour, and chemicals
65.00
Boot Service
Check CV Boots & Joints, repack with new grease and new clamps
105.00
PRO CERTIFIED AUTO SERVICE 2009 LTD.
2505 - 4th Ave. N. • 359-3323

B.C. man thankful for help getting new trailer

It was a Thanksgiving Stephen Chalmers will never forget — the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance, she started a $5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised $4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

Stephen Chalmers METRO

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park who are just as scared and confused about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

KATE WEBB/METRO IN VANCOUVER

How to make a donation

To donate to the campaign, visit metronews.ca/newtrailer

$5M African prize goes unclaimed

Study. Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and $5 million US prize — to any former African leader, saying none had earned it.

A new study released by the foundation on Monday found that 32 countries on the continent have seen a decline in safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year. Some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes. THE ASSOCIATED PRESS

The Hague

Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials on the island of Phuket, 680 kilometres south of Bangkok, said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdsirimongkon said the man was arrested Saturday as part of a crackdown on shows featuring naked dancers.

"Authorities found out about this bar the morning after Rihanna tweeted about it, but we were not able to catch them violating the law until Saturday," he said. THE ASSOCIATED PRESS

Obama postpones meeting as debt deal possible

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C. on Monday. Hopes grew Monday for heading off a U.S. government default and ending a partial government shutdown after optimistic predictions from the often antagonistic congressional leaders at the centre of the talks — Senate Majority Leader Harry Reid for the Democrats and Senate Republican leader Mitch McConnell for the Republicans. The two men met twice Monday, their sessions sandwiched around a White House announcement that Obama was calling them and the party leaders in the House for the second time in less than a week to discuss the economy-threatening crises. The meeting was postponed indefinitely to give the two lawmakers more time to work. T.J. KIRKPATRICK-POOL/GETTY IMAGES

At the University of Regina we are dedicated to student success. We also understand that every student has different expectations, learning styles and needs. That's where our Student Success Centre comes in.

Tutoring, in-class workshops and an early referral program are just a few of the personalized support services we offer our students to encourage and assist them in making the most of their university experience.

The University of Regina is one of the few universities in Canada with a program to help students succeed both in their studies and in life after graduation. Our UR Guarantee program engages students in activities that foster academic success and develop the skills employers are seeking. It helps our students become engaged, well-rounded graduates with strong resumés, prepared for life after university.

Student success shows.
- ✓ 87.8% – First-year retention rate for UR Guarantee students (Fall 2011)
- ✓ 82.9%- First-year retention rate for all undergraduate students (Fall 2011)
- ✓ 5 – Consecutive years of enrolment increases

University of Regina
www.uregina.ca

United Kingdom

Another 'Kenya mall' terror attack averted, cops say

British law-enforcement agencies averted a plot to orchestrate a large-scale terror attack similar to the assault on Kenya's Westgate mall, an official said Monday.

Police were questioning four men in their 20s on suspicion of terrorism after they were detained Sunday in pre-planned, intelligence-led raids.

The official said it was not clear how advanced the planning was but that any attack was not imminent.

Dramatic CCTV footage has emerged of one of the arrests, in which counter-terror police are seen tackling a suspect on the street in an upscale west London neighbourhood.

Elsewhere, police fired special ammunition — aimed at breaching doors or bursting tires — to stop a car near the Tower of London, and arrested two men. THE ASSOCIATED PRESS

Kano, Nigeria. Men told to cover up those calves or face the consequences

Cutoff pants displaying your bulging calves? Sleeveless T-shirts showing off a well-muscled physique?

Forget it in Nigeria's northern Kano state, where Islamic police are deploying thousands of officers to arrest anyone sporting the "indecent dress" that's fashionable among young men driving motorized rickshaw taxis.

Police also have orders to arrest any cabbie carrying men and women together in the confined space.

Officers have orders to stop and search to make sure everyone obeys — including Christians, according to Yusuf Yola, spokesman for the board that is responsible for ensuring compliance with Shariah laws in Kano.

Nine of Nigeria's 37 states have introduced Shariah law since 2000. THE ASSOCIATED PRESS

An unidentified man wears a sleeveless T-shirt and cutoff pants as he drives a rickshaw in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

PREPARING OUR YOUTH

AGES 16-24

Are you looking for a career that fits your interests?

How about a healthy lifestyle change?

This program could be for you!

The NYFC is excited to offer this program to individuals seeking skills in the areas of: Employability, Communication, Aboriginal Culture, and life!

For more information or to register please contact:
Kimberley Wenger
306-525-5042
1650 Angus St. Regina SK
kimw.nyfc@sasktel.net

Participants will meet once a week for nine weeks. There are TWO opportunities to take the training:

October 21, 2013 – December 16, 2013
(Mons: 12 p.m. – 4 p.m. - Lunch included)

— OR —

January 8, 2014 – March 12, 2014
(Weds: 5 p.m. – 9 p.m. - Supper included)

Funding Provided by:
Aboriginal Affairs and Northern Development Canada

People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they believed the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid" and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

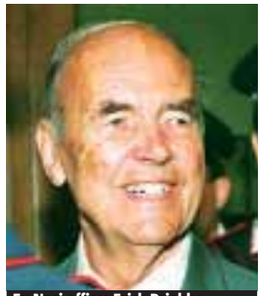
Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Abdulosimova, a retiree. "They had a little riot … and attracted attention (to the issue)." THE ASSOCIATED PRESS

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- **Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.**



Ex-Nazi officer Erich Priebke
PLINIO LEPRI/THE ASSOCIATED PRESS FILE

No resting place for the wicked

What to do with the body of a Nazi war criminal no one wants?

Rome's mayor, police chief and the pope's right-hand man have all refused to grant former SS captain Erich Priebke a church funeral in the city where he participated in one of the worst massacres in Italy. Now there's the added question of where to bury him, since Rome, his adopted homeland of Argentina and his hometown in Germany won't take him.

Priebke spent nearly 50 years as a fugitive before being extradited to Italy from Argentina in 1995 to stand trial for the 1944 massacre at the Ardeatine Caves outside Rome, in which 335 civilians were killed.

He died Friday at age 100 in the Rome home of his lawyer, where he had been serving his life term under house arrest.

His death has tested the church's capacity for mercy and forgiveness and its need to prevent public scandal. There is a seemingly intractable conflict between respect for the dead and that owed to the victims of the Holocaust. THE ASSOCIATED PRESS

Research. Ford, U of M aim to jolt development of electric car batteries

Ford Motor Co. and the University of Michigan are opening a new battery research and manufacturing lab that they hope will speed the development of batteries for electric and hybrid cars.

The centre, on the university's campus in Ann Arbor, Mich., will bring together battery makers, car companies and researchers who will test new batteries for prototype vehicles.

THE ASSOCIATED PRESS

Not buying it

1%

Electric cars have been slow sellers, making up less than one per cent of U.S. auto sales last year.

Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has one feature unavailable on the smaller models: A fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used.

A HTC spokesman said the company designed the Max with a fingerprint sensor to make the larger device easier to operate with one hand.

THE ASSOCIATED PRESS

Canada looks to find skilled workers abroad

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a shortage of skilled workers in the coming decade, as proponents of the liquefied natural-gas industry, hydroelectric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

The provincial government's statistics indicate there will be more than one-million job openings over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

Retirements will be responsible for two-thirds of the vacancies, and new economic growth will be behind the remaining third, states the British Columbia Labour Market Outlook 2010-2020.

In the B.C. construction industry, about 30,500 jobs were expected to go unfilled by 2012, according to the association's own statistics.

THE CANADIAN PRESS

Jingoism or reality?

"There are British Columbians and Canadians that probably could do those jobs."

Tom Sigurdson, executive director of the British Columbia and Yukon Territory Building and Construction Trades Council

Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver on Saturday. The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president. DARRYL DYCK/THE CANADIAN PRESS

BRIDGING THE GAP
YOUR BUSINESS
REGINA Trades & Skills CENTRE
QUALITY EMPLOYEES

Powered by People, Driven by Performance, Committed to Results
Register at www.rtsc.org • 306.337.0533

THE CHEEKY SIDE OF SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses we perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb

COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." METRO

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan – prefabricated in a factory and delivered to the forest floor – will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. METRO

Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and to much work to always check to opt out

@cynthiabigrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro **President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

DVD review

Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

●●●●○

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome. Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress. In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience. Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario. Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. PETER HOWELL

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirl-severywhere"

Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAIN-GREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now… more importantly… who's gonna replace Dakota Johnson?

The X-Files. Still looking for the truth, 20 years on

After 20 years, it's possible for the details of a relationship to get fuzzy.

Just ask David Duchovny and Gillian Anderson, who first premiered their roles as FBI agents Fox Mulder and Dana Scully on The X-Files two decades ago. The series aired nine seasons and resulted in two feature films.

While the two were unsure where they left their relationship in the show and films, the 53-year-old Duchovny and 45-year-old Anderson both said they're open to making a third X-Files movie.

The actors got together Saturday to mark the 20th anniversary of the series' premiere. They participated in a panel discussion for fans at The Paley Center for Media in New York.

When asked where their characters left off, the two weren't completely clear on the specifics.

"Well they (Mulder and Scully) were married the last movie," Duchovny said, referring to 2008's The X-Files: I Want to Believe.

"Were we actually married?" Anderson asked.

"I believe so. That was my impression," he responded.

Their characters did become romantically involved in the TV series and were a couple during the 2008 movie. However, it was not clear whether they were married.

Both actors are clear, however, about their interest in another X-Files film. "All the principals are on board," including X-Files creator Chris Carter, Duchovny said. "Gillian and I want to do it, so it's really up to Twentieth Century Fox at this point."

THE ASSOCIATED PRESS

David Duchovny and Gillian Anderson are up for another X-Files flick.
THE ASSOCIATED PRESS

Box office

Gravity eclipses Captain Phillips

Gravity won't be held down. The Warner Bros. astronaut adventure starring Sandra Bullock and George Clooney landed in the top spot at the box office for the second weekend in a row. Gravity earned $44.3 million, raising its domestic total to $123.4 million. Sony's Captain Phillips launched in second place with $26 million. And the animated Sony movie Cloudy with a Chance of Meatballs 2 gobbled up third place with $14.2 million in its third weekend, bringing its domestic haul to $78 million.

THE ASSOCIATED PRESS

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye keen to wed Kim... I wouldn't rush in if I were him

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiopian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

Justin Bieber releases his new song, Heartbreaker. It's about A) Selena Gomez. B) Pants. C) People who photograph him while he's smoking weed. D) His abandoned monkey. E) Not knowing where Homeland's Brody is hiding. F) The new Sochi hockey jerseys.

Halle Berry and Oliver Martinez have a brand-new son. They'll start fighting over custody just as soon as they get home from the hospital.

Justin Bieber

Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f– off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

Miley Cyrus

Miley knows music and how to ditch Liam's clothes

When it comes to guiding her career and her music, Miley Cyrus doesn't want anyone else — especially entertainment company executives — telling her what to do. "With magazines, movies, it's always weird when things are targeted for young people yet they're driven by people that are like 40 years too old," she tells Hunger TV. "It can't be like this 70-year-old Jewish man that doesn't leave his desk all day telling me what the club wants to hear. I'm going out, I know what they want to hear." Meanwhile Cyrus is looking for someone to benefit from her kicking Liam Hemsworth to the curb. The singer reportedly donated all of her ex-fiancé's leftover clothing she found around her house, according to the Daily Mail. "Miley wanted everything gone, so she sent Liam's clothes off to a local charity store that benefits people with HIV and AIDS," a source says.

Twitter

@AlbertBrooks
I wonder how many people in Congress are getting rich by shorting the stock market.

@HackedOffHugh
Apropos of nothing - Boris is paid £250,000 a year by Channel Islands resident twins, is chum of Murdoch and would like to be Tory leader.

@PattonOswalt
Just saw CAPTAIN PHILLIPS. I had the same ordeal in '05 but not on a boat & no pirates. They mixed up my order at Rally's.

Jennifer Lopez

The Smart money is on JLo and Casper splitting

Jennifer Lopez and boyfriend Casper Smart haven't been photographed in public in more than three weeks, and apparently there's a reason for that. Sources tell Radar Online that the couple is heading for a split — and even went through a mini-breakup this summer. "Jennifer is pretty private about the relationship, but she's been hinting that the spark is gone," a source says. "She's having a hard time ignoring the fact that her head has been telling her for a while that this thing with Casper isn't forever. And now her heart's saying the same thing."

Brittany Spears. ALL IMAGES GETTY

Spears' amazing body in new video may be a HOAX

Britney Spears has been getting loads of praise for her impressive physique in the video for her new single, Work B—, but it looks like she had a little help. HOAX Films, the visual effects studio that performed some digital "cleanup" work on the video, briefly released and then took down pre-editing images that show a slightly heavier and wider Spears than the one that appeared in the final video. After removing the images from its site, the studio's reps did not reply to a request for comment.

Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciwa and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA McGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?
I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think
That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?
If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.

What's scarier than a ghost? Anal glands and wood pulp

Trick or treat. Halloween candy can have some terrifying ingredients. Here are five to watch out for

ANDREA PARK
Metro World News

Halloween is right around the corner, but it's not just the costumes that are scary. Halloween candy can be full of frightening ingredients that may have long-term consequences for your children's health.

These ingredients are derived from anything ranging from beavers' anal secretions to wood pulp. Vani Hari, food activist and blogger, told Metro to be careful when letting your kids dig into their Halloween loot.

1. Trans fat
Watch out for trans fat in candy and don't be fooled if the packaging boasts, "Zero grams trans fat!" Hari said that if the candy has less than 0.5 grams trans fat, the company is allowed to write zero grams trans fat on the label. But even in such small quantities, Hari said trans fat can be harmful. "Even a small amount of partially hydrogenated oil is linked to heart disease," said Hari. "It hits the arteries hard."

Halloween candy has hidden dangers. ISTOCK

2. Food colouring
Yellow 5, Yellow 6, Blue 1, Blue 2 and Red 40 are all common ingredients in candies like gummy bears, Sour Patch Kids, Twizzlers and Skittles. The Center for Science in the Public Interest in the U.S. released a study linking these additives to hyperactivity, cancer and allergies.

3. High fructose corn syrup
High fructose corn syrup is the most refined sugar available, and Hari pointed out that it is also genetically engineered. She added that the long-term risks of GMOs are still very much unknown.

4. Vanillin
Vanillin is made from wood pulp that is oxidized in a lab — and may be carcinogenic.

5. Natural flavours
"These can be anything under the sun that comes from nature, including beavers' anal glands," said Hari. Flavour manufacturers are not required to disclose what makes up these "natural flavors."

After all that turkey, go green with an easy Chopped Salad

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese

This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo of veggies.

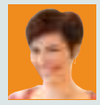
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

- Toss whole, cored but unpeeled pears into butternut squash soup.
- Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.
- Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.
- Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.
- Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

For more information, ask a reader.
NATIONAL READING CAMPAIGN
Reading helps us know what's going on. Join us in doing something for reading at **nationalreadingcampaign.ca**
TD
metro
TORONTO STAR
thestar.com
Strong Supporters of Literacy

Lunch. Arugula Salad with Crispy Prosciutto and Shaved Parmesan

Arugula's peppery bite marries perfectly with radicchio's bitterness in this Italian-inspired salad.

1. In nonstick frying pan heat 1 tbsp (15 ml) olive oil over medium heat; cook prosciutto for 2 to 3 minutes per side or until browned and crisp. Drain on paper towel. Tear into large pieces and set aside.

2. In large bowl, toss together arugula, radicchio and cherry tomatoes.

3. In small bowl, whisk together 1/4 cup (50 ml) olive oil, vinegar, salt and pepper; pour over arugula mixture and toss to coat. Transfer to serving platter. Top with prosciutto and Parmigiano. **PRESIDENT'S CHOICE**

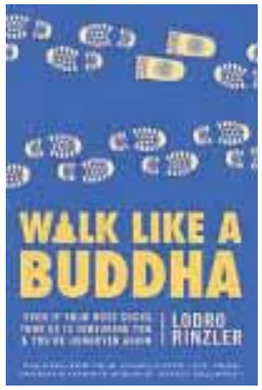
Ingredients

- 1 tbsp (15 ml) olive oil
- 3 slices prosciutto
- 1 tub (142 g) PC Organics Baby Arugula
- Half head radicchio, torn into bite-sized pieces
- 1 cup (250 ml) cherry tomatoes, halved
- 1/4 cup (50 ml) olive oil
- 2 tbsp (25 ml) balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/3 cup (75 ml) shaved Parmigiano Reggiano

And here's your moment of Zen

Meditative moments. The author of Walk Like a Buddha describes how a sense of being present can improve your relationships, social life and work

MAJA LUNDAGER PEDERSEN
Metro World News in New York City



Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called Walk Like a Buddha, has been practising Buddhism since he was 11, and says his book is a compilation of questions people have asked him about his faith.

"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when choosing which questions to feature.

Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says.

"You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail

YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say darkly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do, the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers
Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments
Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash
Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info
Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan
The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.

Pats paste Wheat Kings

WHL. Regina's record returns to .500 with big win over Brandon

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Brandon Wheat Kings netminder Curtis Honey stops Regina Pats forward Dyson Stevenson in second-period action Monday at Brandt Centre. MARCO VIGLIOTTI/METRO

The Regina Pats had plenty to be thankful for this holiday weekend.

Riding the strength of a three-goal third period and a rock solid penalty kill, the Pats downed the Brandon Wheat Kings 5-1 in Western Hockey League action Monday at the Brandt Centre.

Morgan Klimchuk scored the game-winning tally in the later stages of the second period, while teammate Dyson Stevenson dominated the scoresheet, picking up a hat trick, including two goals in the final frame.

Chandler Stephenson also picked up three assists for the red-hot Pats (5-5-0), who have now won their last four games.

Jens Meilleur scored the only goal for the visiting Wheat Kings (5-5-0).

After darting out to an early one-goal lead, the Pats were on their heels at the start of the second after the Wheat Kings levelled the score and pressed for more on the man-advantage.

However, a heroic effort from a dominant Pats penalty-killing unit prevented the Wheat Kings from capitalizing on any of their four power-play tries, including two in the second period.

Returning for the final frame, the Pats cemented their hold on the game, scoring three times before the eight-minute mark of the period.

While the Wheat Kings struggled with the extra man, the Pats found the back of the net on their only power-play opportunity, with Stevenson nabbing his hat trick with a beautiful finish to a highlight-reel passing play.

In a steady performance behind the pipes, Dawson MacAuley made 22 stops for the Pats.

Curtis Honey made 17 saves in a losing cause.

Next up for the Pats is a clash with the Medicine Hat Tigers Friday night at the Brandt Centre.

Blue Bombers keep hope alive

Will Ford, left, celebrates scoring a touchdown with teammate Michel-Pierre Pontbriand. THE CANADIAN PRESS

The odds still weigh heavily against them, but the Winnipeg Blue Bombers' playoff hopes are not dead yet.

Max Hall picked up his first CFL win as a starting quarterback and Will Ford caught a touchdown pass and ran in another as the Bombers staved off elimination with a 34-27 victory over the Montreal Alouettes on Monday afternoon.

Winnipeg's second win in Montreal in 2013 gave them the three-game season series between the clubs by a 2-1 margin, but they will need to win their final three regular-season games and have the Alouettes lose their last three to grab the final East Division playoff spot.

"So you're telling me there's a chance, right?" said Hall. "So we've just got to keep playing. All we can control is winning next week (at home Saturday against Toronto) and, if we can do that, we'll still have a chance."

Clarence Denmark and backup quarterback Jason Boltus also had TDs for Winnipeg.

THE CANADIAN PRESS

Ticats sink Argos

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series.

Drug testing

WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the London Games, The Associated Press has learned.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

NFL

Bills sign QB Flynn

The Buffalo Bills signed free-agent quarterback Matt Flynn on Monday in their latest bid to shore up an injury-depleted position.

Coach Doug Marrone said Flynn could serve as the backup to interim starter Thad Lewis against Miami Sunday.

THE ASSOCIATED PRESS

NHL

Red Wings win matinee in Boston

Stephen Weiss and Daniel Cleary scored second-period goals, reserve goaltender Jonas Gustavsson made 28 saves in his first action of the season and the Detroit Red Wings edged the Boston Bruins 3-2 Monday.

THE ASSOCIATED PRESS

Detroit goalie Jonas Gustavsson makes a save on Monday in Boston. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus
April 21 - May 21
There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini
May 22 - June 21
You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer
June 22 - July 23
You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo
July 24 - Aug. 23
Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo
Aug. 24 - Sept. 23
Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra
Sept. 24 - Oct. 23
Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio
Oct. 24 - Nov. 22
You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

♑ Capricorn
Dec. 22 - Jan. 20
What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

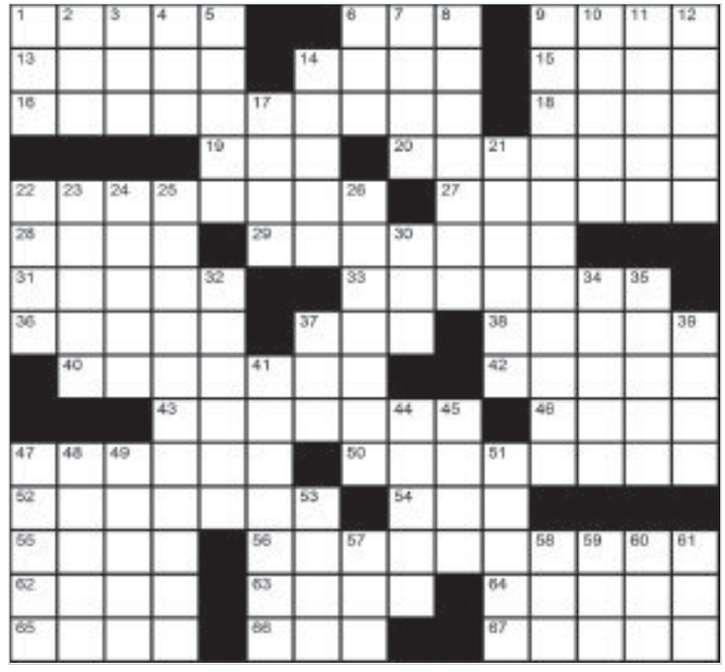
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces
Feb. 20 - March 20
As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

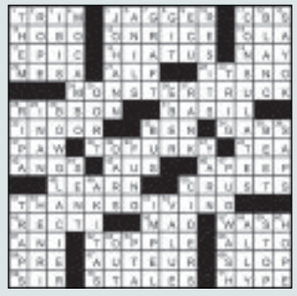
BY KELLY ANN BUCHANAN



Across
1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. __ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake _ __ Feather"
40. Gilda Radner character from SNL, Lisa __
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: __ Trail National Historic Site of Canada
52. Labradorite = Feldspar __
54. "Am _ __ brother's keeper?"
55. __-Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pollack, et al.
66. Classic TV Cousin
67. '50s group, Frankie __ & The Teenagers

Down
1. __-Mart
2. Game: French
3. Mystery man, __. _
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl __ Biggers
8. Tourist
9. Duncan, BC's huge Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we _ __?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-__ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "__ _' the Times" by Prince
37. Fixed
39. Confused
41. NWT: __ National Park Reserve
44. __ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline __
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging __"
59. Ring rock
60. Back then
61. Francisco's friend?

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	6	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

Today's Sudoku

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2		1	
		8		2			4	
6	2						5	9
			9		3			8

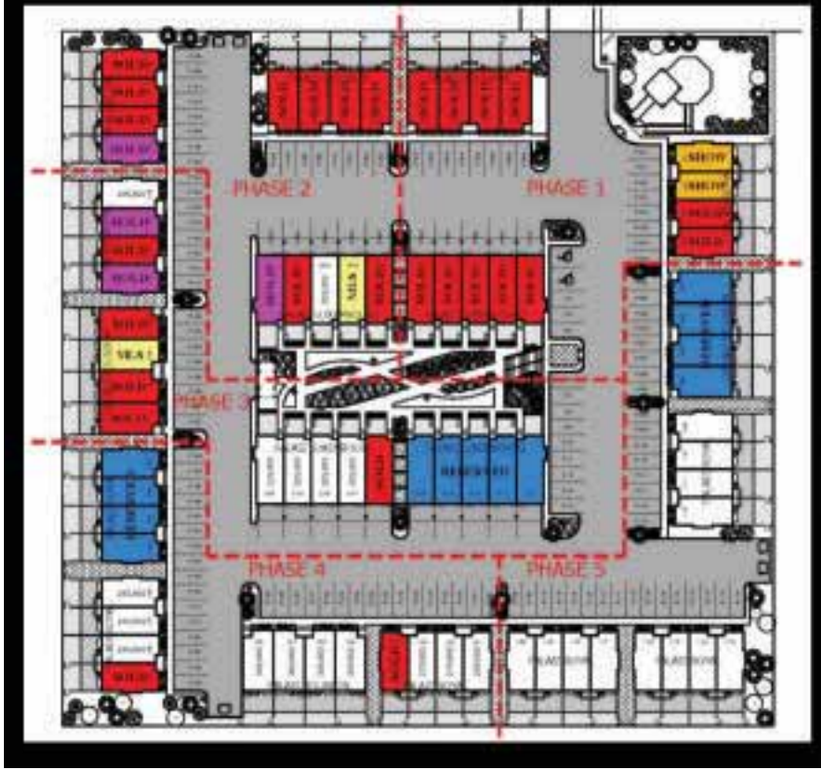
Today
12°/-1°
Sunny
Wednesday
8°/-2°
Variable
Your #1 weather forecast now available in HD.
HD
©The Weather Network 2013

visit metronews.ca
metro

BORDEAUX
HAWKSTONE

TWO AND THREE
BEDROOM TOWNHOMES

STARTING AT **$279,900**



FOR MORE INFORMATION

PEKARBILT
HOMES AND COMMERCIAL

Call: 306-347-5600

facebook.com - Bordeaux in Hawkstone

www.BordeauxCondo.ca

BORDEAUX IN HAWKSTONE

NOW SELLING
PHASE 4